

Segment: Self-Awareness

Lesson Title: Lesson One: What Bugs You?

Grade Band: 6-12

Approximate Time to Complete: 20 minutes plus 10 minute extension

Objectives: Students will be able to identify their own conflict triggers.

Materials/Set up:

- What Bugs You? handout (one for each student)

Overview

Individuals have different reactions to certain events. Some things bother (bug) some people and not others. Through class discussion, and individual and group exploration, students will begin to gain an understanding of the things that bother them and therefore are more likely to lead to conflict. This exercise includes independent work and group discussion.

Instructional Plan

1. Distribute the handout “What Bugs You?” to each student with the “What Bugs You?” side facing up.
2. Tell the students that they have 5 minutes to think about the things that bug them. The students should write one item in each bug. The teacher may provide an example such as “It bugs me when students arrive late to class.” or “It bugs me when my children do not put their toys away.” or “It bugs me when people don’t tell me the truth.” The teacher may also solicit a suggestion or two from the class.
3. After the 5 minutes is over or the students appear to have completed the Worksheet, tell them to turn over the page. Tell the students to think about how they bug others. On the “How I Bug Others” side of the Worksheet the students should write one item in each bug. If students need assistance in thinking of ideas tell the students to think about things their parents, siblings, or friends may complain about: “you are always taking my clothes,” “you never listen to what I have to say” are some examples.
4. After the 5 minutes is over or the students appear to have completed the Worksheet, break students into small groups (ideally 3-6 students).

5. Tell the students to discuss the items on their Worksheet starting with what bugs you and moving to how I bug others. Tell the students to explore differences and similarities in their responses.
6. If not integrating the lesson extension then ask the students, “What did you learn in this exercise?”

Extending the Lesson (10 minutes)

The lesson can be extended to include the following discussion, “What to do about bugs?”

1. Explain the first step in resolving conflict is identifying your triggers (the things that bug you). The next step is deciding what to do next.
2. Tell the class, “Pick a bug and think about what you do when it occurs. For example, if whining bugs you, what do you do when you hear whining? How do you let people know they are bugging you? How do you get them to stop?”
3. Take a few responses and identify some of the different options that exist when you are bugged.
4. Follow a similar structure with how you bug others. Tell the class, “Pick a bug and think about what others say or do to them when it occurs. How do people let you know that you are bugging them? How would you like them to tell you to stop?”
5. Explore or suggest alternative options if the options proposed are limited. Possible suggestions for bugs include whining, interrupting, yelling.
6. How do people let you know you are bugging them?
Some options include: telling you to stop, walking away, yelling, and complaining to others.
7. How would you like them to tell you to stop? Politely point out what I am doing and ask me to stop, or ask a question, such as “Did you realize that you are interrupting me?” or ask me to repeat the statement without the “bug” behavior, such as “Would you mind repeating that without yelling?”

Additional Learning Opportunity

1. Invite students to keep a week long journal.

2. Instruct students to pick one item on the “How I Bug Others” side of the Worksheet.
3. Throughout the week, students should reflect on that one item in their journal. The journal entry should describe how the student may bug others.
4. Students should also identify one strategy they will use to keep track of that behavior, and the changes they plan to make. At the end of the week, students can write a reflection paper on their behaviors, and what they noticed when they made themselves aware of their own behavior.

What Bugs Me!



